



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC CENTER SCHEDULE

## WOODRUFF FAMILY YMCA

Aquatic Center Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Winter 2012</b>	5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS	5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS	5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS	5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS	5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS <b>Masters Swim Team 5:30-7:00am (Lanes 5&amp;6)</b>	<b>8:00 – 11:00 AM BE ADVISED NO GENERAL OPEN SWIM ISR</b>	9:00 – 4:45 PM LAP SWIM
Schedule begins Monday, January 2 and is subject to change	9:00 – 11:00 AM YMCA SWIM LESSONS <b>ISR</b>	9:00 – 11:00 AM YMCA SWIM LESSONS <b>ISR</b> YMCA NURSERY SCHOOL 10:30AM-12:00PM	9:00 – 11:00 AM YMCA SWIM LESSONS <b>ISR</b> YMCA NURSERY SCHOOL 10:30AM-12:00PM	9:00 – 11:00 AM YMCA SWIM LESSONS <b>ISR</b>	9:00 – 11:00 AM YMCA SWIM LESSONS <b>ISR</b>	8:30 – 12:30 AM YMCA SWIM LESSONS <b>Masters Swim Team 10:00- 11:30am (lanes 4,5 &amp;6)</b>	9:15-1:30 PM YMCA SWIM LESSONS <b>ISR</b>
Winter Session Lessons begin January 2.	9:10 – 10:10 AM AQUA AEROBICS 10:15 – 11:15 AM AQUA AEROBICS	9:10 – 10:10 AM AQUACIZE	9:10 – 10:10 AM AQUA AEROBICS 10:15 – 11:15 AM H2O Power	9:10 – 10:10 AM AQUACIZE	9:10 – 10:10 AM AQUA AEROBICS 10:15 – 11:15 AM AQUA AEROBICS	9:10-10:10AM H2O POWER DEEP WATER (deep end CLOSED)	10:30 – 3:00PM YMCA SWIM LESSONS/ ADAPTED AQUATICS (SPECIAL NEEDS)
Masters Swim Team begins January 3	9:00 – 11:00 AM PHYSICAL THERAPY REHAB. & ASSOC. RENTAL Lane 6	9:00 – 10:00 AM PHYSICAL THERAPY AQUACISE RENTAL 10:00 – 12:00PM SHORELINE PHYSICAL THERAPY RENTAL	9:00 – 11:00 AM PHYSICAL THERAPY REHAB. & ASSOC. RENTAL Lane 6	9:00 – 10:00 AM PHYSICAL THERAPY AQUACISE RENTAL 10:00 – 12:00PM SHORELINE PHYSICAL THERAPY RENTAL	9:00AM – 6:45 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 6:45 PM LIMITED GENERAL OPEN SWIM</b> 1:30-2:30pm OSMC Rental Lanes 1&2	9:30AM – 1:00PM <b>ORBIT MARINE SCUBA DIVING CLASS (Lane 6 &amp; Deep End)</b>	9:00 – 4:45 PM GENERAL OPEN SWIM
Multiple activities are often scheduled at the Aquatic Center at the same time.	9:00AM – 8:00 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 8:45 PM LIMITED GENERAL OPEN SWIM</b> Silver Splash 12:30- 1:30pm 1:30-2:30pm OSMC Rental Lanes 1&2	9:00AM – 8:00 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 8:45 PM LIMITED GENERAL OPEN SWIM</b>	9:00AM – 8:00 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 8:45 PM LIMITED GENERAL OPEN SWIM</b> Silver Splash 12:30- 1:30pm 1:30-2:30pm OSMC Rental Lanes 1&2	9:00AM – 8:00 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 8:45 PM LIMITED GENERAL OPEN SWIM</b>	9:00AM – 6:45 PM LIMITED LAP LANE AVAILABILITY <b>11:00 – 6:45 PM LIMITED GENERAL OPEN SWIM</b> 1:30-2:30pm OSMC Rental Lanes 1&2	10:15- 11:45AM Synchro 11:00AM – 7:45PM LAP SWIM & GENERAL OPEN SWIM	<b>BIRTHDAY PARTIES</b> 11:00-12:00PM 12:15-1:15 PM 1:30-2:30 PM 2:45-3:45 PM
<b>Lap Swimming Tips</b> Please enter the pool feet first only. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.	<b>Directions</b> If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.	4:00-5:00 PM AFTER SCHOOL OPEN SWIM	2:00pm – 4:00PM PHYSICAL THERAPY of SOUTHERN CT RENTAL 4:00-5:00 PM AFTER SCHOOL OPEN SWIM	4:00-5:00 PM AFTER SCHOOL OPEN SWIM	2:00pm – 4:00PM PHYSICAL THERAPY of SOUTHERN CT RENTAL 4:00-5:00 PM AFTER SCHOOL OPEN SWIM	4:00-5:00 PM AFTER SCHOOL OPEN SWIM	<b>BIRTHDAY PARTIES CLOSED</b> 11:00- 12:00PM 1:45-2:45 PM 2:45-3:45 PM 4:30-5:30 PM 5:30-6:30 PM
<b>Speed</b> Please try to choose a lane with swimmers that most nearly match your speed.	3:30 – 7:00 PM YMCA SWIM LESSONS (Lane 1&2/ Shallow) LAP SWIM 4:00-8:45 PM (Lanes 3,4&5) <b>ISR ½ of Lane 6 3:30- 7:00 PM</b>	3:30 – 7:00 PM YMCA SWIM LESSONS (Lane 1&2/ Shallow) LAP SWIM 4:00-7:15 PM (Lanes 3,4&5) 7:00-8:45 (Lanes 1&2) <b>ISR ½ of Lane 6 3:30- 7:00 PM</b> <b>Masters Swim Team 7:00-8:30pm (Lanes 2,3,4,5&amp;6)</b>	3:30 – 7:00 PM YMCA SWIM LESSONS (Lane 1&2/ Shallow) LAP SWIM 4:00-8:45 PM (Lanes 3,4&5) <b>ISR ½ of Lane 6 3:30- 7:00 PM</b>	3:30 – 7:00 PM YMCA SWIM LESSONS (Lane 1&2/ Shallow) LAP SWIM 4:00-7:00 PM (Lanes 3,4&5) 7:00-8:45 (Lanes 1&2) <b>ISR ½ of Lane 6 3:30- 7:00 PM</b> <b>Masters Swim Team 7:00-8:30pm (Lanes 2,3,4,5&amp;6)</b>	3:30 – 6:45 PM YMCA SWIM LESSONS (Lane 1 & 2/ Shallow) LAP SWIM 4:00-6:45 PM (Lanes 2,3,4&5) <b>ISR ½ of Lane 6 3:30- 6:45 PM</b> LAP SWIM 5:30-6:45 PM (Lanes 2,3&4)	<b>7:45 PM CLOSED</b>	
	6:45- 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	6:45- 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	6:45- 7:45 PM LIQUID CARDIO SHALLOW WATER (Lanes 1,2&3)	6:15-7:45PM Synchro 6:45 – 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	5:30 – 6:45PM LAP & OPEN SWIM (lap swim lanes 3 &4) Open Swim Lanes5&6		
	7:00 – 8:45 PM LAP SWIM (All Lanes) <b>8:45 PM CLOSED</b>	<b>8:45 PM CLOSED</b>	7:00 – 8:45 PM LAP SWIM (All Lanes) <b>8:45 PM CLOSED</b>	<b>8:45 PM CLOSED</b>	<b>6:45 PM CLOSED</b>		



# SAFE POOLS HAVE RULES

## General

- Pool area is open only when a lifeguard employed by the Woodruff Family YMCA is on duty.
- Children in the pool area under 12 years old, must be accompanied by a parent/guardian.
- Personal flotation devices, if worn, must be approved by the United States Coast Guard.
- A parent/guardian is required to be in the water and within arm's reach of any child under 6 years old or any child wearing a Personal Flotation Device.
- Any child under 6 years old who can pass a 25-yard swim test will be permitted in the water without an adult; however, the adult must be on the pool deck.
- State Health Codes require all persons to shower before entering pool.
- State Health Codes prohibit urinating, spitting, blowing nose, band-aids, and any person known or suspected to have a communicable disease in the pool.
- For privacy and sanitary reasons, please refrain from changing children on the pool deck.
- Food and drink (except water in plastic containers) are not allowed in pool area.
- Children who are not potty trained must wear a swim diaper and or rubber pants with a bathing suit while swimming or playing in the pools.
- To swim in the deep end all swimmers 6-12 years of age must be able to complete an unassisted, 25-yard non-stop swim and a 30 second tread which will be recorded in our log. (Patrons may be asked to complete a swim test at any time.)

## Swimming

- Appropriate swimming attire must be worn in the water at all times. Street clothing is strictly prohibited. (Cotton T-shirts are not allowed in the pool)
- Running, pushing, dunking and other forms of rough play will not be tolerated
- Do not swim across lap swim lanes and do not hang on ropes or lane lines.
- Toys are allowed in the water at the discretion of the lifeguard. (Inflatables are not permitted)
- YMCA owned pool equipment is for YMCA staff run programs only.
- Kickboards and pull-buoys are available for lap swimmers only and are to be used solely in the lap lanes.
- Jumping and diving are not permitted in shallow water.
- Lap lanes must be shared. Circle swimming is required when a lane is occupied by 3 or more swimmers.  
**(Swimmers 14 years of age and older only)**

## Splash Pool

- Any child under the age of 6 must be supervised by an adult in the splash pool. This adult must be on the pool deck at all times.
- Running in the splash pool is not allowed.
- Standing on the water jets is not permitted.

All participants are expected to act responsibly. Verbal and/or physical harassment of the staff and/or other persons is prohibited.

**Lifeguards are authorized to take appropriate action in order to maintain a safe and enjoyable environment for all.**